

Kale and Quinoa Medley

Makes: 50 Servings

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Ingredients	Weight	Measure
Quinoa, dry, whole grain	1.9 lb	4 cup 2 1/3 Tbsp
Kale, Tuscan, raw, trimmed and washed	5 3/4 lb	
Garlic, fresh chopped		1/2 cup 1 tsp
Lemon juice		1 cup 2 tsp
Dijon mustard		1/4 cup 2 Tbsp 1 tsp
Olive or vegetable oil		3/4 cup 1/2 Tbsp
Honey		1/4 cup 2 Tbsp 1 tsp
Salt		2 tsp
Pepper		2 tsp
Water		5 cup 2 oz
Carrots, raw, grated		1/2 cup 1 tsp
Red pepper, raw, finely chopped		1/2 cup 1 tsp



Directions

1. Cook quinoa according to package directions-bring water to a boil and add quinoa. Cook covered, stirring occasionally, until all liquid has evaporated and quinoa fluffs with a fork.
2. Dump quinoa onto a sheet pan to cool.
3. In large saute pan or tilting skillet, heat 1 tsp oil with 1 tbsp garlic for 6 servings, or 2 3/4 Tbsp oil with 1/2 cup + 1 tsp garlic for 50 servings.
4. Add trimmed and washed kale to oil and garlic and saute until kale is somewhat wilted and reduced by half. In a bowl, whisk Dijon mustard, honey, lemon juice, the remaining oil, salt and pepper until well combined.
5. Combine quinoa, kale, chopped red pepper, grated carrot, and dressing, and toss to mix.
6. Serve 1/2 cup per serving.